

# **mrityunjaya sahasranaama stotram**

shree bhairava uvaacha

adhunaa shruNu deveshi sahasraakhyastavottamam |  
mahaamrityunjayasyaasya saaraat saarottamottamam ||

asya shree mahaamrityunjaya sahasranaamastotra mantrasya  
bhairava rushih ushNik Chandah shree mahaamrityunjayo devataa  
om beejam jum shaktih sah keelakam purushaarthasiddhyarthe sahasranaama paThe  
viniyogah |

dhyaanam

udyacchandrasamaanadeeptim amritaanandaikahetum shivam  
omjumsah bhuvanaika srushTipraLayodbhootyeka rakshaakaram |  
shreemattaaradashaarNamaNDitatanum tryaksham dvibaahum param  
shreemrityunjayameeDyavikramaguNaih poorNam hrudabje bhaje ||

omjumsahhaum mahaadevo mantragyo maanadaayakah |  
maanee manoramaangashcha manasvee maanavardhanah || 1 ||

maayaakartaa mallaroopo mallo maaraantako munih |  
maheshvaro mahaamaanyo mantree mantrijanapriyah || 2 ||

maaruto marutaam shreshTho maasikah pakshikoamritah |  
maatangako mattachitto mattachinmattabhaavanah || 3 ||

maanaveshTaprado mesho menakaapativallabhah |  
maanakaayo madhusteyee maarayukto jitendriyah || 4 ||

jayo vijayado jetaa jayesho jayavallabhah |  
Daamaresho viroopaaksho vishvabhoktaa vibhaavasuh || 5 ||

vishvesho vishvanaathashcha vishvasoorvishvanaayakah |  
vinetaa vinayee vaadee vaantado vaakprado vaTuh || 6 ||

sthoolah sookshmoachalo lolo lolajihvah karaalakah |  
viraadheyo viraageeno vilaasee laasyalaalasah || 7 ||

lolaaksho loladheerdharmee dhanado dhanadaarchitah |  
dhanee dhyeyoapyadhyeyashcha dharmyo dharmamayo dayah || 8 ||

dayaavaan devajanako devasevyo dayaapatih |  
Dulichakshurdareevaaso dambhee devamayaatmakah || 9 ||

kuroopah keertidah kaantah kleevoakleevaatmakah kujah |  
budho vidyaamayah kaamee kaamakaalaandhakaantakah || 10 ||

jeevo jeevapradah shukrah shuddhah sharmapradoanaghah |  
shanaishcharo vegagatirvaachaalo raahuravyayah || 11 ||  
ketuh kaaraapatih kaalah sooryoamitaparaakramah |  
chandro rudrapatih bhaasvaan bhaagyado bhargaroopabhrut || 12 ||

krooro dhoorto viyogee cha sangee gangaadharo gajah |  
gajaanapriyo geeto gaanee snaanaarchapriyah || 13 ||

paramah peevaraangashcha paarvateevallabho mahaan |  
paraatmako viraaDdhaumyah vaanaroamitakarmakrut || 14 ||

chidaanandee chaararopo gaaruDo garuDapriyah |  
nandeeshvaro nayo naago naagaalankaaramaNDitah || 15 ||

naagahaaro mahaanaago godharo gopatistapah |  
trilochanastrilokeshastrimoortistripuraantakah || 16 ||

tridhaamayo lokamayo lokaikavyasanaapahah |  
vyasanee toshitah shambhustridhaaroopastrivarNabhaak || 17 ||

trijyotistripureenaathastridhaashaantastridhaagatih |  
tridhaaguNee vishvakartaa vishvabhartaaaadhipoorushah || 18 ||

umesho vaasukirveero vainateyo vichaarakrut |  
vivekaaksho vishaalaakshoavidhirvidhiranuttamah || 19 ||

vidyaanidhih sarojaaksho nihsmarah smaranaashanah |  
smritimaan smritidah smaarto brahmaa brahmavidaam varah || 20 ||

braahmavatee brahmachaaree chaturashchaturaananah |  
chalaachaloachalagatirvegee veeraadhipo varah || 21 ||

sarvavaamah sarvagatih sarvamaanyah sanaatanah |  
sarvavyaapee sarvaroopah saagarashcha sameshvarah || 22 ||

samanetrah samadyutih samakaayah sarovarah |  
sarasvaan satyavaak satyah satyaroopah sudheeh sukhee || 23 ||

suraaT satyah satyamatee rudro roudravapurvasuh |  
vasumaan vasudhaanaatho vasuroopo vasupradah || 24 ||

eeshaanah sarvadevaanaameeshaanah sarvabodhinaam |  
eeshoavasheshoavayavee sheshashaayee shriyah patih || 25 ||

indrashchandraavatamsee cha charaacharajagatsthitih |  
sthirah sthaaNuraNuh peenah peenavakshaah paraatparah || 26 ||

peenaroopo jaTaadhaaree jaTaajooTasamaakulah |  
pashuroopah pashupatih pashugyaanee payonidhih || 27 ||

vedyo vaidyo vedamayo vidhigyo vidhimaan mriDah |  
shoolee shubhankarah shobhyah shubhakartaa shacheepatih || 28 ||

shashaankadhavaLah swaamee vajree shankhee gadaadharah |  
chaturbhujashchaashTabhujah sahasrabhujamaNDitah || 29 ||

sruvahasto deerghakesho deergho dambhavivarjitah |  
devo mahodadhirdivyo divyakeertirdivaakarah || 30 ||

ugraroopa ugrapativugravakshaastapomayah |  
tapasvee kaTilastaapee taapahaa taapavarjitah || 31 ||

havirharo hayapatirhayado harimaNDitah |  
harivaanee mahoujasko nityo nityaatmakooanalah || 32 ||

sammaanee samsrutarhaaree sargee sannidhiranvayah |  
vidyaadharo vimaanee cha vaimaanikavarapradah || 33 ||

vaachaspatirvasaasaaro vaamaachaaree balandharah |  
vaagbhavo vaasavo vaayurvaasanaabeejamaNDitah || 34 ||

vaasee kolashrutirdaksho dakshayagyavinaashanah |  
daaksho dourbhaagyaahaa daityamardano bhogavardhanah || 35 ||

bhoge rogharo heyo haaree harivibhooshaNah |  
bahuroopo bahumatirbahuvitto vichakshaNah || 36 ||

nrutyakrucchittasantosho nrutyageetavishaaradah |  
sharadvarNavibhooshaaDhyo galadagdhoaghanaashanah || 37 ||

naagee naagamayoanantoanantaroopah pinaakabhurutah |  
naTano haaTakeshaano vareyaamshcha vivarNabhurut || 38 ||

jhaankaaree Tankahastashcha paashee shaarnghee shashiprabhah |  
sahasraroo po samaguh saadhoonaamabhayapradah || 39 ||

saadhusevyah saadhugatih sevaaphalaprado vibhuh |  
sumahaa madyapo matto mattamoortih sumantakah || 40 ||

keele leelaakaro laantah bhavabandhaikamochanah |  
rochishNurvishNurachyutashchootano nootano navah || 41 ||

nyagrodharoo po bhayado bhayahaaabheetidhaaraNah |  
dharaNeedharasevyashcha dharaadharasutaapatih || 42 ||

dharaadharoandhakaripurvigyaanee mohavarjitah |  
sthaaNukesho jaTee graamy graamaaramo ramaapriyah || 43 ||

priyakrut priyaroopashcha viprayogee prataapanah |  
prabhaakarah prabhaadepto manyumaan avaneeshvarah || 44 ||

teekshNabaahusteeekshNakarasteekshNaamshusteeekshNalochanah |  
teekshNachittastrayeeroopastrayeemoortirstrayeetanuh || 45 ||

havirbhug havishaam jyotirhaalaahalo haleepatih |  
havishmallochano haalaamayo haritaroopabhut || 46 ||

mradimaaaamramayo vruksho hutaasho hutabhug guNee |  
guNagyo garuDo gaanatatparo vikramee kramee || 47 ||

krameshvarah kramakarah kramikrut klaantamaanasah |  
mahaatejaa mahaamaaro mohito mohavallabhah || 48 ||

mahasvee tridasho baalo baalaapatiraghaapahah |  
baalyo ripuharo haahee govirgavimatoaguNah || 49 ||

saguNo vittaraaD veeryo veero virochano vibhaavasuh |  
maalaamayo maadhavashcha vikartano vikatthanah || 50 ||

maanakrunmuktidoatulyo mukhyah shatrubhayankarah |  
hiraNyaretaah subhagah sateenaathah siraapatih || 51 ||

meDhree mainaakabhagineepatiruttamaroopabhut |  
aadityo ditijeshaano ditiputrakshayankarah || 52 ||

vasudevo mahaabhaagyo vishvaavasurvasupriyah |  
samudroamitatejaashcha khagendro vishikhee shikhee || 53 ||

garutmaan vajrahastashcha poulomeenaatha eeshvarah |  
yagyapeyo vaajapeyah shatakratuh shataananah || 54 ||

pratishThasteevravisrambhee gambheero bhaavavardhanah |  
gaayishTho madhuraalaapo madhumattashcha maadhavah || 55 ||

maayaatmaa bhoginaam traataa naakinaamishTadaayakah |  
naakeendro janako janyah stambhano rambhanaashanah || 56 ||

shankara eeshvara eeshah sharvareepatishekhharah |  
lingaadhyakshah suraadhyaksho vedaadhyaksho vichaarakah || 57 ||

bhargoanarghyo nareshaano naravaahanasevitah |  
chatur bhavitaa bhaavee bhaavado bhavabheetihaa || 58 ||

bhootesho mahito raamo viraamo raativallabhah |  
mangaLo dharaNeeputro dhanyo buddhivivardhanah || 59 ||

jayee jeeveshvaro jaaro jaaTharo jahnutaapanah |  
jahnukanyaadharah kalpo vatsaro maasaroopadhrut || 60 ||

rutur rubhusutaadhyaksho vihaaree vihagaadhipah |  
shuklaambaro neelakaNThah shuklo bhrugusuto bhagah || 61 ||

shaantah shivapradoabhedyoabhedakrucChaantakrut patih |  
naatho daanto bhikshuroopee daatrushreshTho vishaampatih || 62 ||

kumaarah krodhanah krodhee virodhee vigrahee rasah |  
neerasah sarasah siddho vrushaNee vrushaghaatanah || 63 ||

panchaasyah shaNmukhashchaiva vimukhah sumukheepriyah |  
durmukho durjaya dukhee sukhee sukhavilaasadah || 64 ||

paatree poutree pavitrashcha bhootaatmaa pootanaantakah |  
aksharam paramam tattvam balavaan balaghaatanah || 65 ||

bhallee bhoulirbhavaabhaavo bhaavaabhaavavimochanah |  
naaraayaNo muktakesho digdevo dharmanaayakah || 66 ||

kaaraamokshapradoajeyo mahaangah saamagaayanah |  
tatsangamo naamakaaree chaaree smaranisoodanah || 67 ||

krushNah krushNaambarah stutyastaaraavarNastrapaakulah |  
trapaavaan durgatitraataa durgamo durgaghaatanah || 68 ||

mahaapaado vipaardashcha vipadam naashako narah |  
mahaabaahurmahorasko mahaanandapradaayakah || 69 ||

mahaanetro mahaadaataa naanaashaastravichakshaNah |  
mahaamoordhaa mahaadanto mahaakarNo mahoragah || 70 ||

mahaachakshurmahaanaaso mahaagreevo digaalayah |  
digvaasaa ditijeshaano muNDee muNDaakshasootra bhrut || 71 ||

shmashaananilayoaraagee mahaakaTiranootanah |  
puraaNapurusshoapaarah paramaatmaa mahaakarah || 72 ||

mahaalasyo mahaakesho mahoshTho mohano viraaT |  
mahaamukho mahaajangho maNDalee kuNDalee naTah || 73 ||

asapatnah patrakarah paatrahastashcha paaTavah |  
laalasah saalasah saalah kalpavrukshashcha kampitah || 74 ||

kampahaa kalpanaahaaree mahaaketuh kaThorakah |  
analah pavanah paaThah peeThasthah peeTharoopakah || 75 ||

paaTeenah kulishee peeno merudhaamaa mahaaguNee |  
mahaatooNeerasamyukto devadaanavadarpahaa || 76 ||

atharvasheersshah somyaasyah ruksahasraamitekshaNah |  
yajushaamamukho guhyo yajurvedavichakshaNah || 77 ||

yaagyiko yagyaroopashcha yagyago dharaNeepatih |  
jangamee bhangado bhaashaadakshoabhigamadarshanah || 78 ||

agamyah sugamah kharvah kheTee khaTvaananah nayah |  
amoghaarthah sindhupatih saindhavah saanumadhyagah || 79 ||

prataapee prajayee praatarmadhyaanhasaayamadhvarah |  
trikaalagayah sugaNakah pushkarasthah paropakrut || 80 ||

upakartaapahartaa cha ghruNee raNajayapradah |  
dharmee charmaambarashchaaruroopashchaaruvishoshaNah || 81 ||

naktancharah kaalavashee vashee vashivaroavashah |  
vashyo vashyakaro bhasmashaayee bhasmavilepana || 82 ||

bhasmaangee malinaangashcha maalaamaNDitamoordhajah |  
gaNakaaryah kulaachaarah sarvaachaarah sakhaa samah || 83 ||

sukurah gotrabhid goptaa bheemarooopo bhayaanakah |  
aruNashchaikachintyashcha trishankuh shankudhaaraNah || 84 ||

aashramee braahmaNo vajree kshatriyah kaaryahetukah |  
vaishyah shoodrah kapotasthah tvashTaa tushTo rushaakulah || 85 ||

rogee rogaapahah shoorah kapilah kapinaayakah |  
pinaakee chaashTamoortishcha kshitimaan dhrutimaamstathaa || 86 ||

jalamoortirvaayumoortirhutaashah somamoortirmaan |  
sooryadevo yajamaana aakaashah parameshvarah || 87 ||

bhavahaa bhavamoortishcha bhootaatmaa bhootabhaavanah |  
bhavah sharvastathaa rudrah pashunaathashcha shankarah || 88 ||

girijo girijaanaatho gireendrashcha maheshvarah |  
giresah khaNDahastashcha mahaanugro gaNeshvarah || 89 ||

bheemah kapardee bheetigayah khaNDapashchaNDavikramah |  
khaDgabhrut khaNDaparashuh kruttivaasaa vishaapahah || 90 ||

kankaalah kalanaakaarah shreekaNTho neelalohitah |  
gaNeshvaro guNee nandee dharmaraajo durantakah || 91 ||

bhrungireeTee rasaasaaro dayaaloo roopamaNDitah |  
amritah kaalarudrashcha kaalaagnih shashishekharah || 92 ||

sadyojaatah suvarNamunjamekhalee durnimittahrut |  
duhsvapnahrut prasahano guNinaadapratishThitah || 93 ||

shuklastrishuklah sampannah shuchirbhootanishevitah |  
yagyaroopo yagyamukho yajamaaneshTadah shuchih || 94 ||

dhrutimaan matimaan daksho dakshayagyavighaatakah |  
naagahaaree bhasmadhaaree bhootibhooshitavigrahah || 95 ||

kapaalee kuNDalee bhargah bhaktaartibhanjano vibhuh |  
vrushadhvajo vrushaarooDho dharmavrushavivardhakah || 96 ||

mahaabalah sarvateerthah sarvalakshaNalakshitah |  
sahasrabaahuh sarvaangah sharaNyah sarvalokakrut || 97 ||

pavitrastrikakunmantrah kanishThah krushNapingaLah |  
brahmadaNDavinirmaataa shataghnepaashashaktimaan || 98 ||

padmagarbho mahaagarbho brahmagarbho jalodbhavah |  
devaasuravinirmaataa devaasuraparaayaNa || 99 ||

devaasuragururdevo devaasuranamaskrutah |  
guhapriyo gaNasevyah pavitrah sarvapaavanah || 100 ||

lalaaTaaksho vishvadevo damanah shvetapingaLah |  
vimuktirmuktitejasko bhaktaanaam paramaagatih || 101 ||

devaatidevo devarshirdevaasuravarapradah |  
kailaasagiriyaasee cha himavadgirisamshrayah || 102 ||

naathapoojyah siddhanrutyo navanaathasamarchitah |  
kapardee kalpakrud rudrah sumanaa dharmavatsalah || 103 ||

vrushaakapih kalpakartaa niyataatmaa niraakulah |  
neelakaNTho dhanaadhyaksho naathah pramathanaayakah || 104 ||

anaadirantarahito bhootido bhootivigrahah |  
senaakalpo mahaakalpo yogo yugakaro harih || 105 ||

yugaroopo mahaaroopo mahaageeto mahaaguNah |  
visargo lingaroopashcha pavitrah paapanaashanah || 106 ||

eeDyo maheshvarah shambhurdevasimho nararshabhah |  
vibudhoagravarah sookshmah sarvadevastapomayah || 107 ||

suyuktah shobhano vajree devaanaam prabhavoavyayah |  
guhah kaanto nijasargah pavitrah sarvapaavanah || 108 ||

shrungee shrungapriyo babhroo raajaraajo niraamayah |  
devaasuragaNaadhyaksho niyamendriyavardhanah || 109 ||

tripuraantakah shreekaNThastrinetrah panchavaktrakah |  
kaalahrut kevalaatmaa cha rugyajuhsaamavedavaan || 110 ||

eeshaanah sarvabhootaameeshvarah sarvarakshasaam |  
brahmaadhipatirbrahmapatirbrahmaNoadhipatistathaa || 111 ||

brahmaa shivah sadaanandee sadaanantah sadaashivah |  
measturoopashchaarvango gaayatreeeroopadhaaraNah || 112 ||

aghorebhyoathaghorebhyo ghoraghoratarebhyashcha |  
sarvatah sharvasarvebhyo namaste rudraroopebhyah || 113 ||



vaamadevastathaa jyeshThah shreshThah kaalah karaalakah |  
mahaakaalo bhairaveshe veshee kalavikaraNah || 114 ||

balavikaraNo baalo balapramathanastathaa |  
sarvabhootaadidamano devadevo manonmanah || 115 ||

sadyojaatam prapadyaami sadyojaataaya vai namah |  
bhava bhava naatibhave bhajasva maam bhavodbhavah || 116 ||

bhaavano bhavano bhaavyo balakaaree param padam |  
parah shivah paro dhyeyah param gyaanam paraatparah || 117 ||

paaraavaara palaashee cha maamsaashee vaishNavottamah |  
om aim hreem shreem hsouh devo om shreem haum bhairavottamah || 118 ||

om hraam namah shivaayeti mantro vaTurvaraayudhah |  
om hreem sadaashivah om hreem aapaduddhaaraNo manuh || 119 ||

om hreem mahaakaraalaasyah om hreem baTukabhairavah |  
bhagavaamstryambaka om hreem om hreem chandraardhashekharah || 120 ||

om hreem sanjaTilo dhoomro om hreem tripuraghaatanah |  
hraam hreem hrum harivaamaanga om hreem hroom hreem trilochanah || 121 ||

om vedaropo vedagya rugyajuhsaamamoortimaan |  
rudro ghoraravoaghoroom kshmyoom aghorabhairavah || 122 ||

omjumsah peeyooshasaktoamritaadhyakshoamritaalah |  
om tryambakam yajamahe sugandhim pushTivardhanam || 123 ||

urvaarukamiva bandhanaan mrityormuksheeya maamritaah |  
om haumjumsah om bhoorbhuvah svah omjumsah mrityunjayah || 124 ||

idam naamnaam sahasram tu rahasyam paramaadbhutam |  
sarvasvam naakinaam devi jantoonaam bhuvi kaa kathaa || 125 ||

tava bhaktyaa mayaakhyaatam trishu lokeshu durlabham |  
gopyam sahasranaamedam saakshaadamritaroopakam || 126 ||

yah paThet paaThayedvaapi shraavayecChruNuyaat tathaa |  
mrityunjayasya devasya phalam tasya shive shruNu || 127 ||

lakshmyaa krushNo dhiyaa jeevo prataapena divaakarah |  
tejasaa vahnidevastu kavitve caiva bhaargavah || 128 ||

shouryeNa harisankaasho neetyaa druhiNasannibhah |  
eeshvaratvena deveshi matsamah kimatah param || 129 ||

yah paTheardharaatre cha saadhako dhairyasamyutah |  
paThet sahasranaamedam siddhimaapnoti saadhakah || 130 ||

chatushpathe chaikalinge marudeshe vaneajane |  
shmashaane praantare durge paaThaat siddhirna samshayah || 131 ||

noukaayaam chourasanghe cha sankate praaNasamkshaye |  
yatra yatra bhaye praapte vishavahnibhayaadishu || 132 ||

paThet sahasranaamaashu muchyate naatra samshayah |  
bhaumaavasyaam nishethe cha gatvaa pretaalayam sudheeh || 133 ||

paThitvaa sa bhaved devi saakshaadindroarchitah suraih |  
shanou darshadine devi nishaayaam saritastaTe || 134 ||

paThennaamasahasram vai japedashTottaram shatam |  
sudarshano bhavedaashu mrityunjayaprasaadatah || 135 ||

digambaro muktakeshah saadhako dashadhaa paThet |  
iha loke bhavedraajaa pare muktirbhavishyati || 136 ||

idam rahasyam paramam bhaktyaa tava mayoditam |  
mantragarbha manumayam cha chaakhyeyam duraatmane || 137 ||

no dadyaat parashishyebhyah putrebhyoapi visheshatah |  
rahasyam mama sarvasvam gopyam guptataram kalou || 138 ||

shaNmukhasyaapi no vaachyam gopaneeyam tathaatmanah |  
durjanaad rakshaNeeyam cha paThaneeyamaharnisham  
shrotavyam saadhakamukhaadrakshaNeeyam svaputravat || 139 ||

|| iti shreerudrayaamale tantre shreedeveerahasye mrityunjayasahasranaamam  
sampoorNam ||